

FAMILIAR FEATS OF STRENGTH AND HOW TO DO THEM.

BY SANDOW.

MAN AGAINST MAN.

The first feat I describe is one which has much to recommend it, inasmuch as besides being a trial of strength it constitutes a very valuable exercise. The two antagonists seat themselves in chairs opposite to one another, the knees of one being placed inside those of his opponent. The object of the first is to force the knees of the second apart whilst the latter resists him by pressing his legs together. Each in turn takes the outside position, the movement, of course, being then exactly reversed.

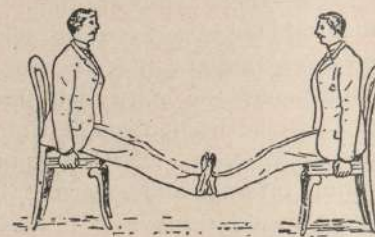
Now, there is a little trick in this, a knowledge of which may enable you to defeat a man whose leg muscles are really far stronger than your own. Properly you should be knee-to-knee with your opponent, but obviously if you grip him with your knees well *above* his, the advantage in leverage is on your side.

The muscles chiefly used in this feat are the quadriceps and gluteus, when with knees inside you endeavor to force your opponent's legs apart and the greater part of the biceps of the leg and the adductor longer and gracilis (the muscles

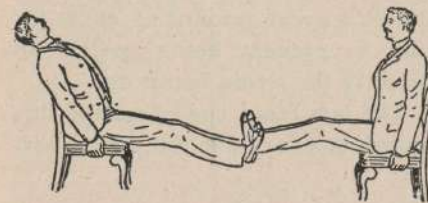
at the top of the inside of the leg) when you are gripping his legs to frustrate his efforts in a like direction.

A capital exercise for strengthening these muscles is furnished by doing this feat, each of the parties alternately giving way to the efforts of his opponent. Thus the legs are alternately separated and closed, the strain being kept on all the time, and only being relaxed sufficiently to allow of the opening and closing movements being very slow and gradual. Violent and spasmodic movements should be strictly avoided, as these muscles being rarely developed are likely to be strained thereby.

A similar feat and exercise may be practiced with the chairs sufficiently far apart to permit of the



legs being held quite straight out and the exercise done foot-to-foot instead of knee-to-knee. Practically all that has been said with regard to the above exercise also holds good in this case.



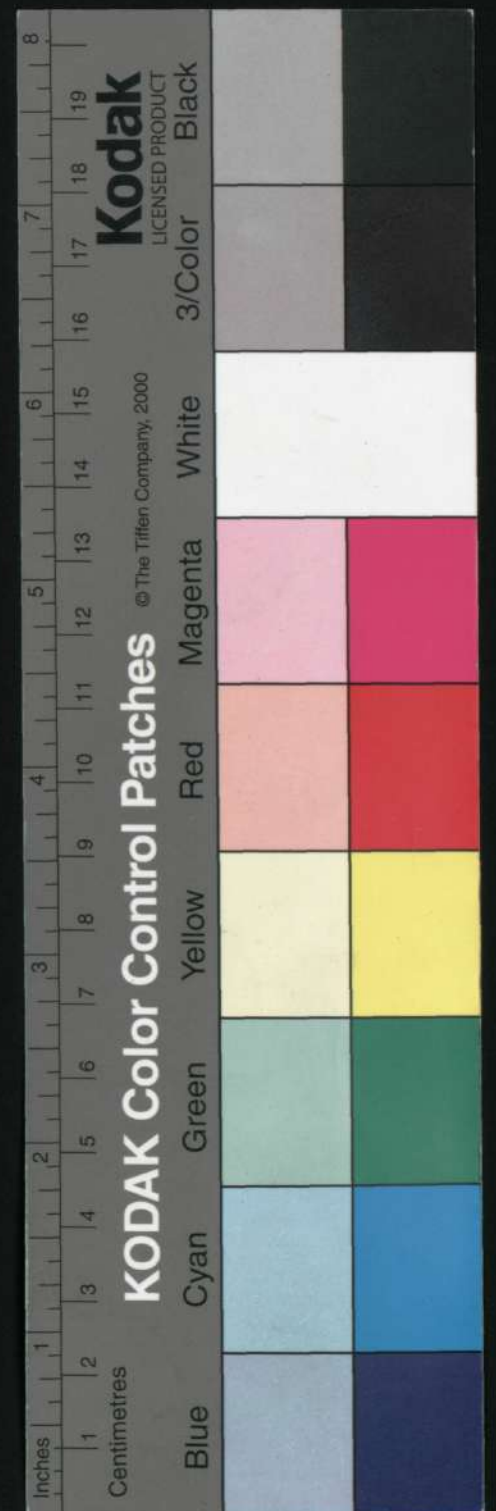
A variation of the above consists of placing the feet *upon* those of your opponent and endeavoring to force him down to the floor. Here, perhaps, the element of trickery comes in a little more. The chairs ought to be fairly heavy and large enough to permit of sitting well back in them. Primarily the heavier man has the best of it, but if you happen to know the "hang" of the thing and your opponent does not, you will probably triumph in spite of his extra weight. The dodge is a very simple one. Sit well back and throw as much of your weight as you possibly can away from him, by throwing the head back and leaning the body over the back of the chair; then grip the chair underneath as far back as possible, and you will find you get an excellent "purchase" by which to resist his efforts. Similarly when your feet are on top and you are striving to press his down. Here again you are a bit to the good, if you take up

such a position that while he has to stretch out at full length to reach you, *you* can reach *him* with ease and with your leg's *slightly* bent. But, of course, don't overdo this, or he will notice it and your little game will be spoiled.

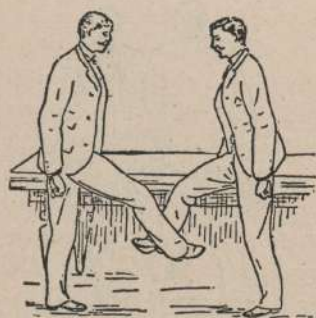


Another feat of a similar character consists of each of the two opponents standing upon one foot, holding out the other and endeavoring to force his adversary sideways. To hold the balance it will be necessary to rest one hand upon a table or the back of a chair. This is a very good exercise as it brings into play the muscles of both legs, there being naturally no inconsiderable amount of work done by the one upon which you are standing. As in the other exercises, however the man who knows the trick, and gets his foot *higher* than his opponent's ankle, is almost sure to get the advantage.

Standing in the same position as in the last exercise, another trial of strength may be made by hooking your heel in that of



your opponent and endeavoring to pull him towards you while he, of course, strenuously resists. Here again, an advantage is obtained by leaning well back and while your opponent has his leg at full stretch, keeping yours slight-



ly bent at the knee, so that you can give way slightly without losing your balance. A feat which is often practiced and which, on the face of it, seems beyond the possibility of trickery, is that which consists of the two opponents seating



themselves upon the floor and placing the soles of their feet together, gripping hands and attempting to pull each other on to their feet. The man who knows what he is

about sits well down, throws his body back and thus makes his opponent reach right out to clasp his hands, with the consequence that the latter's buttocks may be clear of the ground at the very outset.

Of course in this position it requires a great amount of effort for him to prevent being pulled up directly the strain is put on.

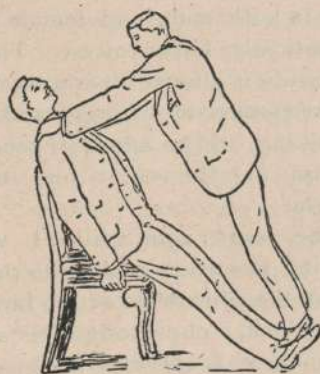
The last feat I shall describe this month is a very difficult one to per-



form in a genuine manner. Seated on a strong chair you take a tight grip of the seat and stretching your legs out to their fullest extent, invite another man to stand upon your ankles as your feet rest upon the floor. He had better take his boots off so as not to hurt your ankles, and he should rest his hands *lightly* upon your shoulders so as to preserve his balance. Then you lift up your feet, with him standing upon them, until your legs are horizontal. To do this with, say, a

140 lb. man is no mean feat and will probably excite the wonderment and admiration of all who behold it.

Now you will have noticed that I lay stress upon the word *lightly* in the preceding paragraph. My reason for so doing was because the feat becomes infinitely easier to accomplish—indeed almost anyone can do it—if the man who is lifted bends well over you and puts the major part of his weight upon your shoulders. For then, when you



raise your feet you are only lifting a small portion of his weight with your legs—he is really raising himself by pressing hard with his hands upon your shoulders. One would think that this would be apparent, and yet if it is done by two confederates who work skillfully together, it can be managed time after time without detection.

The New York *Herald* of recent date published a very interesting article, in which they illustrated the wonderful strength acquired by a seventeen-year-old girl, Miss Dunphy, daughter of a millionaire. Like many young girls on graduation, she was practically a physical wreck, suffering from nervous prostration and general weakness. Drugs were ineffective, and she seemed to be rapidly declining, but finally tried physical training. The improvement in her condition was marvelous. In a short time she was performing feats of strength that many athletes would find difficult. From a weakly, debilitated girl she was made strong, hardy and handsome in a few months.

Paul Kruger, President of the Transvaal, who has given England considerable trouble in the past, is another example of the advantages resulting from combining brawn with brain. His boyhood was spent in hardy outdoor life, and he is practically a Samson in strength. In contests requiring enormous physical strength, it is stated that he was never worsted. Often he has raced all day with the swift-footed Kaffirs and came out ahead. Still more often he has subdued wild animals by purely physical strength without weapons. Even to this day he is extremely simple in his personal taste and never uses strong drink of any kind.

